

DDS EMPLOYEE NEWS

Governor M. Jodi Rell

Commissioner Peter H. O'Meara

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Central Office's Charitable Giving Campaign Hits a Hole-in-One

The 2007 Charitable Giving Campaign is well underway with many events taking place across the state. In Central Office employees recently participated in the Annual DDS Charity Putting Contest (aka the **Greater Hallway Open**). After a fierce first round, ten staff vied for the coveted "DDS Green Jacket Award" in the final championship round. With CO's first floor carpet having many flaws, golfers had a tough time making the green. In the end, it was closest to the pin that counted and Facilities Director Jeff Cyr was victorious.



(left to right) Kevin Lawton, Marie Forman, Winner Jeff Cyr, organizer Ken Comerford and Greg Deschamps.



Charitable Giving Campaign Coordinator Dan Micari helps an old fisherman and witch at the bake sale.

In addition to the Pro-Am, Central Office Charitable Giving Campaign held a Halloween Bake Sale.

All the baked goods were donated by staff and sold out by lunch time.

According to the 2007 DDS Charitable Giving Coordinator, Dan Micari, both events raised over \$650 for the campaign. Overall, this year's campaign is close to its goal of raising \$15,000.

Special thanks to Anna Savaria, Lori Conchado and Ken Comerford for organizing the events.

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Health and Wellness Program Promotes Positive Lifestyle



North Region's "Health and Wellness" Pilot Program Graduates celebrate the conclusion of their classes.

Health Education Curriculum for Adults with Developmental Disabilities and Human Development at the University of Chicago."

DDS Keri Hilchuk, RN, Kim Steel, Case Manager and Tina Abbate, Program Supervisor taught the class. Additionally, direct support staff from the Bristol program attended the classes and participated with the individuals they support. These class attempt to provide a greater amount of knowledge in the area of nutrition in a fun, relaxing environment.

Objectives of the class include positive changes in lifestyle, healthy eating habits, improved quality of life and extended life span. An evaluation was conducted at the initial class and again at the final class to determine how much participants have learned from the ten sessions they attend.

Topics of classes include; proper food handling and expiration dates, importance of drinking water, healthy food choices, snacking and vending machines, fast food choices, grocery shopping and meal planning, portion size, nutrients we need, and the food pyramid. Some of the benefits for the Bristol group have included the establishment of a walking group, lifestyle changes for staff and participants, new friendships established, an ongoing social event, the reinforcement of the concepts between classes by the staff as well as peer-to-peer reinforcement.

The North Region plans on extending this class to other interested consumer groups as well as developing curriculums in other areas including; exercise, smoking cessation, healthy life choices, and lifestyle changes.

For more information on this program please contact Keri Hilchuk at 860-263-2574.

The Department of Developmental Services' (DDS) North Region has taken part in a statewide initiative to provide "Health and Wellness" training to several individuals who receive supported living services. This training is a result of concerns shared at the statewide Supported Living Symposium regarding the lack of knowledge regarding health and wellness. Additionally, the departments' mortality review findings related to diet and exercise concluded that diseases such as hypertension, diabetes, high cholesterol, vascular disease and lung disease are prevalent in the individuals we support.

With leadership provided by David Carlow, Director of Health and Clinical Services for DDS, the North Region began this pilot class with participants from the Bristol Public Supported Living Program. The curriculum is based on the "*Exercise and Nutrition*